



**AUSTRALIAN
HOMŒOPATHIC
ASSOCIATION**



Homœopathy works for me!

This publication celebrates the diversity of the homœopathic approach to wellness, as it is used to manage a range of conditions while maintaining adherence to core principles.

Throughout homœopathy's more than 200-year history, it has been the experience of homœopathic practitioners and their patients worldwide that homœopathy can make a real difference in managing illness on a whole-person level: mentally, emotionally and physically.

Homœopaths may approach the homœopathic treatment of their clients in different ways but the core principles are universally adhered to.

Individualisation, where the practitioner seeks to find the medicine whose symptom picture most closely matches that of the patient, is one such principle. Treating the whole person rather than one condition in isolation would be another example of such a core concept. Yet another principle would be looking for what homœopaths call a strange, rare or peculiar symptom: a striking or unique symptom specific to a particular patient, which can often lead the practitioner to the homœopathic medicine that matches the patient's situation.

Homœopaths, therefore, do not specialise in particular areas of the body or type of condition. They match the homœopathic medicine to the patient's state as expressed through all of their symptoms. The presenting ailment is seen and treated as part of a larger whole.



Douglas M Borland MD (1885–1960), head of the Royal London Homœopathic Hospital during the Second World War, was one of the most famous British homœopaths of the 20th century. It was said of Borland that he gave the impression of never being in a hurry, always having plenty of time to listen with sympathetic understanding to the many patients seeking help and advice. This is the experience of many who seek a homœopathic approach: the consultation is not rushed, giving the patient the opportunity to explain

their situation in detail. This is, of course, necessary to build a picture of the whole person, rather than just focusing and prescribing separately on the individual ailments a patient presents with.

When seeking homœopathic care, choose a practitioner registered with the Australian Register of Homœopaths (AROH). Professional members of the Australian Homœopathic Association (AHA) are AROH registered and are recognised by many major private health insurance funds for rebates on ancillary benefits tables. Registered practitioners are required to meet a high standard of education and abide by professional codes of conduct and standards of practice. To find a practitioner in your area, go to the AHA website, homeopathyoz.org.

Wishing you all health and happiness,
MARTIN COSTIGAN, President,
Australian Homœopathic Association

All you wanted to know

HOMŒOPATHY IS A NATURAL, GENTLE AND HOLISTIC TRADITIONAL MEDICINE BUT MOST PEOPLE KNOW VERY LITTLE ABOUT IT. HERE'S A PRIMER TO GET YOU STARTED.

What can homœopathy do for you?

Homœopathy aims to treat the whole person, taking into account lifestyle, personality and hereditary factors in addition to the history of your complaint. Homœopathy recognises that each person is unique so, for instance, headaches in different patients would be treated with different homœopathic medicines according to each patient's unique symptoms, which might also include mental and emotional characteristics.

Homœopathy can benefit people of all ages, at any stage of life: women, men, mothers, fathers, very young and older children, teenagers and the elderly.

What is homœopathy?

The cornerstone of homœopathy is the Law of Similars. This principle states that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homœopathy is a system of medicine which aims to promote the innate healing

responses to diseases by administering a specially prepared substance that mimics the symptoms of the disease.

Homœopathy is now used worldwide and its benefits have been experienced by millions of people.

Homœopathy is legally recognised as a distinctive system of medicine in 42 countries and acknowledged as an aspect of complementary and alternative medicines in 28 others.

What to expect when you go to see a homœopath

The first homœopathic appointment can take an hour or more and involves a lengthy enquiry into the patient's symptoms. Treatment then involves the prescription of the most suitable medicine, matching the symptoms and

individual characteristics of the patient to the medicine. Your practitioner might also advise general lifestyle changes.

Tell your doctor and homoeopath about medications

You should tell your doctor if you are planning to start a course of homoeopathic care for your complaint. Never stop taking conventional drugs without the knowledge and approval of your doctor. To get a full understanding of your situation, your homoeopath will ask you what conventional drugs you are taking.

Homoeopathic medicines

Homoeopathic medicines are derived from plant, animal, mineral and microbiological sources. They are prepared according to strict guidelines set out in international pharmacopoeias and under the control of the Therapeutic Goods Administration (TGA). They are highly diluted and are most commonly taken in the form of liquid drops or pillules.

Choosing a practitioner

If you want to use homoeopathy, you should consult a registered practitioner. All Professional Members of the Australian Homoeopathic Association (AHA) are registered with the Australian Register of Homoeopaths (AROH) and are recognised by many major private health insurance funds for rebates on ancillary benefits tables.

All AHA Professional Members are educated to high standards of practice and adhere to codes of professional conduct. Find a practitioner near you at homeopathyoz.org.

Homoeopathy is a traditional medicine and may generally be used in conjunction with other treatments and medications without adverse effects. For any ongoing chronic condition or in case of severe acute symptoms, it is important to be assessed or examined by your healthcare professional or specialist. ALWAYS SEEK MEDICAL ADVICE IN EMERGENCIES.

A quantitative study of homoeopathic outcomes

In 2008, 51 medical practitioners participated in collecting treatment data from outpatient departments across four UK homoeopathic hospitals over a four-week period. The study included National Health Service-managed homoeopathic hospitals in Bristol, London, Glasgow and Liverpool.

A total of 235 different medical complaints were recorded. The most commonly encountered conditions, in descending order of frequency, were: eczema, chronic fatigue syndrome (CFS), menopausal disorders, osteoarthritis, depression, breast cancer, rheumatoid arthritis, asthma, anxiety, irritable bowel syndrome, multiple sclerosis, psoriasis, allergy (unspecified), fibromyalgia, migraine, premenstrual syndrome, chronic rhinitis, headache, vitiligo, seasonal allergic rhinitis, chronic intractable pain, insomnia, ulcerative colitis, acne, psoriatic arthropathy, urticaria, ovarian cancer, attention-deficit hyperactivity disorder (ADHD), epilepsy and sinusitis.

Of the 1797 patients monitored, 513 were men and 1284 women, a ratio of 1 to 3.5.

During the study, patients attended appointments from two to six times. A total of 56.9 per cent of all the patients seen were suffering from multiple complaints. These patients generally required multiple appointments.

At their second visit, 34.5 per cent of patients considered that they were experiencing improvement affecting their daily life. This figure had increased to 59.3 per cent by the sixth visit.

Within the four weeks, patients with chronic fatigue syndrome reported more than a 50 per cent improvement, as experienced in their day-to-day life. Women who experienced menopausal disorders reported a 73.3 per cent improvement on average.

In conclusion, it was found that a high proportion of patients reported improvements in their health that were positively affecting their daily life.

SALLY MOORE, AHA Professional Member, Sawyers Valley, WA

Reference: homeopathyjournal.net/article/51475-4916%2808%2900052-0/abstract

One in a million

Amanda, in her early 20s, presented at my clinic with infertility. She had been diagnosed with ovarian failure and been told by her doctor that she had a "one in a million chance" of becoming pregnant.

She had been married for two years to her high-school sweetheart and they had been trying to start a family. Understandably, she was in tears, explaining that they would be unable to afford IVF treatment.

Without being able to make any promises, I reassured her that we only needed one healthy egg to achieve a pregnancy. I explained that homoeopathic medicines are often found to be capable of establishing optimal conditions for conception: helping hormones to balance, overcoming candida and creating the right pH level in the vagina to produce the appropriate mucous and strong ovulation.

We went into detail about Amanda's medical history and her general and reproductive health: menstruation

and hormone levels. She had her FSH and progesterone levels checked via a blood test. Based on her symptoms, we concluded that we needed to create healthy vaginal mucous and move her ovulation into the middle of her cycle. Amanda was given four pleasant-tasting homoeopathic medicines: two to take daily, two weekly. I recommended she start on a probiotic supplement to address any candida.

Successful conception depends on the health of both partners and homoeopathic medicines often help

Homoeopathic treatment is based on an individual's unique symptoms rather than the name of a disease or diagnosis. There is not just one standard approach for infertility; it's based on each person's unique health issues.



to improve the male partner's reproductive health. In this instance, the husband had diabetes, so the couple took a homœopathic medicine to address candida and prevent mutual reinfection.

It was an absolute joy when Amanda reported two months later that she was pregnant. She was given a homœopathic medicine to support her pregnancy and is due to give birth soon.

**RAIA KOUSARY, AHA Professional Member,
Cleveland, Brisbane, Qld**

The quirky things

I recently had the pleasure of finding a homœopathic medicine for a beautiful young woman in her early 30s. Anna's main complaint was "brain fog". Her thoughts felt all muddled up: when she tried to communicate, the words wouldn't come. She felt vague, confused and easily distracted, and tired easily when trying to study or concentrate. Her thoughts were crowded and rushed and this left her feeling anxious and overwhelmed.

Otherwise, Anna was fit and healthy. Given that she was aware of her food sensitivities and looked after her diet, Anna's mental symptoms seemed to be inexplicable.

There are dozens of homœopathic medicines that match these symptoms. So, how to decide which one? Since homœopathy takes into account the whole person, not just a bunch of symptoms in isolation, the more personal insight the homœopath can gain about the patient's most peculiar experience of the world, the easier it is to decipher what medicine is needed.

Much to my delight, Anna mentioned a recurring

**Homœopathy
really shines in
situations when a
symptom appears
inexplicable,
strange, rare
or peculiar.**

PRACTITIONER LISTINGS

| SUBURB | LAST NAME | FIRST NAME | LANDLINE | MOBILE |
|-------------------|-------------|-------------|--------------|--------------|
| ACT | | | | |
| AINSLIE | Doherty | Jean | 02 6257 5430 | 0427 303 333 |
| BRADDON | Hicks | Sylvia | 02 6162 2919 | 0403 829 313 |
| CURTIN | Lee | Lesley | 02 6282 4030 | 0415 686 485 |
| GRIFFITH | Dendrinios | Gerry | 02 6295 6939 | 0401 300 948 |
| O'CONNOR | Meisel | Linda | | 0407 475 334 |
| NSW | | | | |
| ACACIA GARDENS | Kalia | Sarita | 02 9626 8919 | 0414 860 517 |
| ALEXANDRIA | Turner | Kylie | 02 9191 7390 | 0403 754 385 |
| ANNANDALE | Coelho | Rose | 02 9810 4628 | 0411 739 063 |
| ANNANDALE | Cunneen | Lynette | | 0403 061 991 |
| ARCADIA | Biddle | Patricia | 02 9653 1231 | |
| ARTARMON | Manning | Ann | | 0413 010 050 |
| AVALON | Harrison | Jacqui | | 0415 159 319 |
| AVALON BEACH | Conroy | Julia | | 0415 590 954 |
| BALGOWLAH | Rayfield | Deborah | 02 9907 6108 | 0431 168 926 |
| BALMAIN | D'Aran | Kenneth | 02 9818 1086 | 0407 181 086 |
| BARRABA | Turland | Jill | 02 6782 1085 | 0413 086 071 |
| BAULKHAM HILLS | Sierra | James | 02 9686 4553 | 0409 661 673 |
| BEECROFT | Soucek | Radek | | 0405 324 850 |
| BEGA | Goddard | Sunny | | 0421 002 717 |
| BEGA | McLean | Mary-Claire | 02 6492 2222 | |
| BELLEVUE HILL | Weinstock | Vivienne | 02 9363 2788 | 0414 846 618 |
| BELLINGEN | Formica | Lee | | 0403 922 531 |
| BEROWRA | Hamid | Lindy | | 0419 998 788 |
| BERRIMA | Mell | Cally | 02 4877 1474 | 0408 781 460 |
| BEXLEY NORTH | Leontsini | Helen | | 0412 772 397 |
| BLACKTOWN | Danwer | Shonit | | 0412 191 444 |
| BLAXLAND EAST | Mitchell | Ronald | 02 4739 1920 | |
| BOMADERRY | Webb | Christopher | 02 4421 8087 | 0411 342 273 |
| BONDI | Turner | Virginia | | 0411 201 158 |
| BONDI BEACH | Campbell | Rhonda | | 0400 345 434 |
| BONDI JUNCTION | McCombe | Diane | 02 9369 3288 | 0407 953 935 |
| BONDI JUNCTION | Schweigert | Kerry | 02 9369 3288 | 0425 222 220 |
| BONDI NORTH | Leone | Hersh | 02 9365 1830 | 0418 226 939 |
| BOWRAL | Cleary | Michael | 02 4861 2900 | |
| BRINGELLY | Bongiorno | Josephene | 02 4774 8467 | 0423 726 527 |
| BROOKVALE | Barron | Penelope | 02 9905 9415 | 0400 473 669 |
| BROOKVALE | Bedggood | Penny | 02 9905 9415 | 0424 178 185 |
| BROOKVALE | Bolton | Susie | 02 9905 9415 | |
| BROOKVALE | Ellison | Lorraine | 02 9905 9415 | |
| BROOKVALE | English | Bernadette | 02 9905 9415 | 0467 606 000 |
| BROOKVALE | Harrison | Jacqui | 02 9905 9415 | 0415 159 319 |
| BROOKVALE | Jordan | Linlee | 02 9905 9415 | |
| BROOKVALE | Mustan | Mariya | 02 9905 9415 | 0468 572 786 |
| BROOKVALE | Angela | Nicholson | 02 9905 9415 | |
| BROOKVALE | Powell | Kim | 02 9905 9415 | |
| BROOKVALE | Timmer | Elaine | 02 9905 9415 | |
| BYRON BAY | Rayfield | Deborah | 02 6685 6504 | 0431 168 926 |
| CAMDEN | Vine | Lorraine | | 0419 411 450 |
| CAMMERAY | Smyth | Judy | 02 9959 3019 | 0408 960 810 |
| CARINGBAH | Hosey | Leonie | | 0414 807 201 |
| CASTLE HILL | Mathias | Divya | 02 8628 0698 | 0418 439 810 |
| CHATSWOOD | Frederiksen | Neil | 02 9415 2333 | 0419 415 233 |
| CHERRYBROOK | Danwer | Shonit | | 0412 191 444 |
| CHERRYBROOK | Saxena | Kanchan | 02 9659 8173 | 0431 818 552 |
| CLAREVILLE | Bedggood | Penny | | 0424 178 185 |
| COFFS HARBOUR | Robertson | Martine | | 0404 237 087 |
| COLLARROY PLATEAU | Angela | Nicholson | 02 9944 0427 | 0432 386 301 |
| CROMER | Singleton | Jane | | 0405 783 332 |
| CRONULLA | Campbell | Rhonda | | 0400 345 434 |
| CROWS NEST | Hartigan | Felicity | 02 9966 8666 | 0404 470 736 |
| CURL CURL | Formica | Lee | | 0403 922 531 |
| CURL CURL NORTH | Frederiksen | Neil | 02 9415 2333 | 0419 415 233 |
| DRUMMOYNE | Wright | Fiona | 02 9819 7770 | 0417 405 941 |
| EARLWOOD | Christian | Helen | | 0418 285 285 |
| EAST MAITLAND | Kanjee | Louise | | 0466 525 404 |
| EASTWOOD | Bhouraskar | Shilpa | 02 9874 4647 | 0424 480 613 |
| EDGECLIFF | Gildart | Phillip | 02 6352 1235 | 0410 343 355 |
| EDGECLIFF | Porwal | Mamta | 02 9363 3181 | 0422 579 110 |
| EDGECLIFF | Zinn | Leah | | 0407 705 820 |
| ELANORA HEIGHTS | Merriman | Frederique | | 0412 290 173 |
| EPPING | Cook | Kimberly | 02 9011 5380 | 0408 612 392 |
| EPPING | Reddy | Shashikala | | 0433 568 141 |
| ERINA | Abrahams | Susan | 02 4365 2949 | 0458 030 154 |

PRACTITIONER LISTINGS

| | | | | |
|-------------------------|-------------|------------------|---------------|--------------|
| FIVE DOCK | Gamble | Jon | 02 4228 0977 | |
| FIVE DOCK | Levy | David | 02 9713 2633 | 0407 701 725 |
| FORESTVILLE | Avedissian | Keith | | 0412 231 332 |
| FORESTVILLE | Kulkarni | Mukund | 02 9972 7647 | 0412 046 633 |
| FORSTER | Bentley | Mary | 02 6559 3926 | 0448 629 506 |
| GLADESVILLE | Stratis | Poly | | 0406 477 011 |
| GLENDEENING | Birdi | Sukhvinder Singh | 02 8604 9590 | 0433 675 217 |
| GORDON | Hallinan | Louise | 02 9844 5449 | |
| GORDON | Zappia | Josephine | | 0423 848 665 |
| GRAFTON | Beckman | Ayesha | | 0403 475 474 |
| GREENACRE | Patel | Nayana | | 0430 714 487 |
| GREENWICH | Walton | Elizabeth | 02 9966 5359 | 0403 902 400 |
| HANNAM VALE | Royce | Florence | | 0417 480 556 |
| HAZELBROOK | Martinsen | Peter | | 0408 485 402 |
| HORNSBY | Bernecka | Krystyna | 02 9476 6366 | 0413 868 378 |
| HURSTVILLE SOUTH | Koutsoukis | Michael | 02 9579 1118 | 0407 002 288 |
| JANNALI | Henry | Bek | | 0411 353 750 |
| KENTHURST | Fallows | Ann | | 0439 499 085 |
| KILABEN BAY | Jacka | Lynette | | 0408 806 353 |
| KURNELL | Araya | Olga | 02 9668 8090 | |
| KURRAJONG | Liberona | Rodolfo | 02 4573 2719 | 0418 225 083 |
| LEICHHARDT | Caruso | Graziella | | 0409 994 895 |
| LEURA | Martinsen | Peter | | 0408 485 402 |
| LEURA | Salter | Celeste | | 0435 569 693 |
| LINDFIELD | Fordham | Peter | 02 9924 2232 | 0411 342 232 |
| LINDFIELD | Mclvor | Joanne | 02 9415 6386 | 0410 604 546 |
| LISMORE | Nolte | Tanya | 02 6628 4404 | 0415 150 300 |
| LITHGOW | Gildart | Phillip | 02 6352 1235 | 0410 343 355 |
| MAITLAND EAST | Kanjee | Louise | | 0466 525 404 |
| MAROUBRA | Carter | Lisa | | 0415 557 151 |
| MAROUBRA | Wilson | Leanne | | 0402 313 104 |
| MIRANDA | Sam | Punnoose | 02 8710 6107 | 0405 126 409 |
| MONA VALE | Conroy | Julia | (02) 99798887 | 0415 590 954 |
| MONA VALE | Ellison | Lorraine | 02 9979 5732 | |
| MONA VALE | English | Bernadette | | 0467 606 000 |
| MONA VALE | Heath | Sara | 02 8911 2677 | 0419 201 006 |
| MONA VALE | McCarthy | Sherryn | | 0422 778 476 |
| MORTDALE | Connor | Terri | 02 9580 9555 | 0400 203 781 |
| MOSMAN | Mattiolo | Lorena | | 0418 904 042 |
| MOUNT ANNAN | Kuttichen | Suresh | | 0424 952 006 |
| MULLUMBIMBY | Buhse | Christina | 02 6684 4607 | |
| MULLUMBIMBY | Mackenzie | Fiona | | 0423 300 547 |
| MURWILLUMBAH | Magee | Judith | | 0414 370 259 |
| MYOCUM | Mackenzie | Fiona | | 0423 300 547 |
| NASHUA | Haynes | Suzanne | 02 6629 1059 | 0414 291 055 |
| NEWCASTLE, COOKS HILL | Newing | Jo | | 0408 256 860 |
| NEWCASTLE, HAMILTON | Newing | Jo | | 0408 256 860 |
| NEWCASTLE, THE JUNCTION | Kanjee | Louise | 02 4969 1965 | 0466 525 404 |
| NEWTOWN | Houseman | Miriam | | 0412 126 647 |
| NEWTOWN | Turner | Kylie | | 0403 754 385 |
| NORTH BEXLEY | Leontsini | Helen | | 0412 772 397 |
| NORTH BONDI | Leone | Hersh | 02 9365 1830 | 0418 226 939 |
| NORTH CURL CURL | Frederiksen | Neil | 02 9415 2333 | 0419 415 233 |
| NORTH TURRAMURRA | Gregory | Claire | | 0403 287 217 |
| OATLEY | Brickwood | Linda | | 0410 534 649 |
| OATLEY | Connor | Terri | | 0400 203 781 |
| OCEAN SHORES | Farrelly | Jane | | 0420 830 793 |
| PADDINGTON | Woods | Philip | 02 9360 5339 | 0406 766 060 |
| PARRAMATTA | Sam | Punnoose | 02 8710 6107 | 0405 126 409 |
| PARRAMATTA | Thind | Parvinder Kaur | | 0405 086 018 |
| PENNANT HILLS | Mustan | Mariya | | 0468 572 786 |
| PETERSHAM | Chope | Ruth | | 0425 205 327 |
| PORT MACQUARIE | Robinson | Jean | 02 6583 5967 | 0418 546 115 |
| PORT MACQUARIE | Sam | Punnoose | 02 8710 6107 | 0405 126 409 |
| PYMBLE | Zinn | Leah | | 0407 705 820 |
| RANDWICK | Dlugolecka | Anna | | 0411 516 308 |
| RANDWICK | Rebuck | Natasha | | 0413 233 246 |
| RANDWICK | Shepherd | Joanne | 02 8084 2420 | 0412 484 502 |
| RANDWICK | Turner | Kylie | | 0403 754 385 |
| ROCKDALE | Sam | Punnoose | 02 8710 6107 | 0405 126 409 |
| ROSE BAY | Adkins | Sam | | 0420 800 725 |
| ROSEVILLE CHASE | Royce | Florence | 02 9417 7114 | 0417 480 556 |
| ROZELLE | Dhuyvetter | Trees | 02 9818 2495 | 0452 584 246 |

experience she'd had since childhood, whereby she senses objects around her to be further away than they actually are, so much so that she has to reach out to touch them to reset her spatial awareness. Personal insights like this are absolute gold to a homœopath. It instantly pointed to the specific medicine Anna needed.

We all have quirky little experiences, thoughts, behaviours and feelings. Make note of yours because, as unpleasant as they may be at times, a homœopath knows they could be the key to a more healthy, happy you.

Homœopathy satiates my natural curiosity and wonder about our unique experiences in life and I am forever amazed to discover the mostly hidden healing power of the natural world.

MEGAN PORTER, AHA Professional member, Currumbin, Qld

Backyard research into topical homœopathic medicines

The only topical homœopathic medicine I had in my dispensary up until 2007 was one for sprains and strains and, if I am honest, I used to forget it was there and usually dispensed the oral alternative.

All of that changed in 2007, due to the results that were being achieved at our clinic, where we see people suffering from conditions subsequent to infection with Ross River and Barmah Forest viruses. (These are both notifiable diseases and sufferers will have received a diagnosis from a medical practitioner.)

In 2007, trials began to find a topical homœopathic product that would soothe mosquito and sand-fly bites. Not everyone on the Northern Rivers of New South Wales contracts a virus; however, the majority of people do get bitten by mosquitoes and sand flies annually.

People of the Lower Clarence volunteered to get bitten and stung and did so for two years, until the summer of 2009 when the topical homœopathic product went on sale to the public.

Volunteer remarks included:
"I really like being on the trials; I now feel more confident when going out, even knowing mosquitoes will be around."

Homœopathic medicines are mostly taken by mouth, although they can also be applied topically.



"I always used to be the first person to get bitten in a social gathering and now I am one of the last." (About 25 per cent of participants made this comment.)

This homoeopathic product is now being used to treat various other skin conditions characterised by itching, inflammation and swelling.

The trials to find a topical homoeopathic insect repellent are ongoing. The data already collated is showing signs that the repellent formula may not be too far away!

**ILMA HYNSON, AHA Professional Member,
Yamba, NSW**

More than skin deep

Eddie, eight months old, had a rash which seemed related to teething and excessive salivation. It had started a few days before and a number of barrier and rash creams had had no effect. The rash looked red and swollen.

The baby was very restless and seemed "cranky", particularly in the evening. He kept on rubbing the rash, causing some fluid to discharge from one vesicle, but was tearful and screamed when the rash was touched during washing or applying cream. His mother had been using a flannel soaked in warm water to wipe the area since Eddie seems to dislike the touch of cold water.

Eddie wanted to be carried but still constantly fretted. This was particularly bad around midnight; he just would not settle.

When asked whether there were any other complaints, Eddie's mother explained that for the past month he had been constipated off and on for a few days at a time. He had passed a very smelly stool the day before and it was really loose. When offered water, Eddie just took a little at a time.

How was Eddie's appetite? He was still breast feeding but had been off milk since the day before. He seemed to drink very little at a time and would then get irritated and fuss. His mother wondered if his chin felt sore. Eddie didn't want solids but accepted a few bites of really mushy food now and again.

Eddie had experienced a raised temperature around midnight the night before but on examination only the area covered in the rash felt warm. He stiffened when his tummy was touched and seemed to feel uncomfortable. His chest was clear.

After receiving the homoeopathic medicine, the rash quickly subsided and Eddie was a much happier child. His mother was delighted and booked him in for treatment to strengthen his constitution, following this acute episode.

**DIMPLE KIRPALANI, AHA Professional member,
Aubin Grove and Bassendean, WA**

Homoeopathy seeks to treat the whole person rather than one condition in isolation, so all symptoms occurring at the same time are taken into consideration.

| | | | | |
|------------------|-------------|-----------|--------------|--------------|
| SEVEN HILLS | Billa | Ramya | 04 2075 2978 | 0415 901 087 |
| SOUTH HURSTVILLE | Koutsoukis | Michael | 02 9579 1118 | 0407 002 288 |
| SPRING FARM | Vine | Lorraine | | 0419 411 450 |
| ST IVES | Pope | Christine | 02 8084 0081 | 0414 345 192 |
| ST LEONARDS | Scase | Genevieve | 02 9439 7273 | 0478 788 296 |
| ST LEONARDS | Tumminello | Peter | 02 9439 7273 | 0401 357 905 |
| ST MARYS | Madhurakavi | Jaya | | 0430 322 757 |
| ST MARYS | McDonald | Stephen | 02 9673 3733 | 0417 283 951 |
| STANMORE | Beaver | Linda | 02 9516 5300 | 0466 285 547 |
| STOKERS SIDING | Fordham | Peter | | 0411 342 232 |
| SURRY HILLS | Cleary | Michael | 02 9211 3811 | |
| SYDNEY | Avedissian | Keith | | 0412 231 332 |
| SYDNEY | D'Aran | Kenneth | 02 9247 8500 | 0407 181 086 |
| TALARM | Foley | Belinda | 02 6568 3337 | 0429 683 337 |
| TERREY HILLS | Sutcliffe | Elizabeth | | 0406 457 034 |
| TOWRADGI | McGuire | Helen | | 0407 840 387 |
| TURRAMURRA NORTH | Gregory | Claire | | 0403 287 217 |
| UKI | Malcolm | Trenna | 02 6679 5826 | 0408 265 070 |
| VAUCLUSE | Selby | Robyn | 02 9337 4413 | 0413 017 502 |
| WARRIEWOOD | Logan | Maryanne | | 0438 212 737 |
| WAVERLEY | Houseman | Miriam | | 0412 126 647 |
| WENTWORTHVILLE | Kalia | Sarita | | 0414 860 517 |
| WENTWORTHVILLE | Madhurakavi | Jaya | | 0430 322 757 |
| WENTWORTHVILLE | Saxena | Kanchan | | 0431 818 552 |
| WESTMEAD | Patel | Nayana | | 0430 714 487 |
| WINDSOR | Hookham | Michelle | 02 4577 6454 | 0423 162 001 |
| WOLLONGONG | Gamble | Jon | 02 4228 0977 | |
| WOLLONGONG | Hermiston | Nyema | 02 4228 0977 | |
| WOOLGOOLGA | Hayward | Caroline | 02 6654 1996 | 0403 626 700 |
| YAGOONA | Sam | Punnoose | 02 8710 6107 | 0405 126 409 |
| YAMBA | Hynson | Ilma | 02 6646 9207 | 0408 239 096 |
| YERRINBOOL | Gamble | Jon | 02 4883 9639 | |
| YERRINBOOL | Hermiston | Nyema | 02 4883 9639 | |

QLD

| | | | | |
|------------------|-----------------|----------|--------------|--------------|
| ARANA HILLS | Bethune | Mark | | 0498 654 308 |
| ASHGROVE | Blackshaw | Susan | | 0418 716 027 |
| BARDON | Lindsay | Jane | 07 3368 1300 | 0407 750 363 |
| BARDON | McIntosh | John | 07 3876 2446 | |
| BEENLEIGH | Khan | Halimah | 07 3807 7687 | |
| BOWEN | Lewis | Denise | | 0423 709 748 |
| BOWEN HILLS | Joseph | Agi Mary | | 0402 675 683 |
| BRACKEN RIDGE | Liddell | Evelin | 07 3261 5436 | |
| BRAY PARK | Joseph | Agi Mary | 07 3882 5427 | 0402 675 683 |
| BRISBANE | O'Brien | Amanda | | 0425 134 481 |
| BUDERIM | House | Glen | 07 5456 1161 | |
| BUDERIM | Penhaligon | Alex | 07 5476 5889 | |
| BULIMBA | Christie-Taylor | Lisa | 07 3861 5881 | |
| BULIMBA | Hanson | Inez | | 0421 007 700 |
| BUNDABERG | Boas | Tamar | | 0413 065 661 |
| BUNDABERG | Hasted | Sonya | 07 4153 5913 | 0422 141 833 |
| BURPENGGARY | Koda | Anthony | 07 3888 2894 | 0417 706 286 |
| CABOOLTURE | Younger | Barbara | 07 5498 9100 | |
| CAIRNS | Morgan | Brenda | | 0431 957 928 |
| CAIRNS NORTH | Friesen | Judith | | 0402 857 799 |
| CALOUNDRA | McMahon | Penelope | 07 5491 6102 | |
| CALOUNDRA | Rocker | Leisa | 07 5491 1990 | 0403 267 963 |
| CAPALABA | Clark | James | 07 3245 6451 | |
| CARINA HEIGHTS | Mander | Veronica | 07 3394 4111 | |
| CARINDALE | Crook | Megan | | 0432 544 178 |
| CLAYFIELD | Berryman | Peter | | 0420 403 320 |
| CLEVELAND | Kousary | Raia | | 0429 861 086 |
| COOMBABAH | Lyons | Rodney | | 0421 791 553 |
| COOROY | Jarvis | Snehi | | 0403 256 030 |
| CURRUMBIN VALLEY | Dobson | Lynda | | 0412 270 408 |
| CURRUMBIN VALLEY | Porter | Megan | | 0449 090 851 |
| DEAGON | Smith | Carolyn | | 0414 421 675 |
| DECEPTION BAY | Costigan | Martin | | 0402 821 959 |
| EAGLE HEIGHTS | Venables | Sandra | 07 5545 0939 | 0402 423 127 |
| EATONS HILL | Reichman | Petrina | 07 3264 8397 | 0437 673 632 |
| ELIMBAH | Joseph | Agi Mary | | 0402 675 683 |
| ELLIOTT HEADS | Boas | Tamar | | 0413 065 661 |
| GLADSTONE | Lorroway | Ross | | 0408 875 973 |
| GORDON PARK | Allman | Colleen | | 0412 791 825 |
| GYMPIE | Sippel | Leanne | | 0438 684 705 |
| HAWTHORNE | Redding | Willi | | 0410 136 054 |
| HERVEY BAY | Defina | Judith | 07 4125 1231 | |
| HIGHLAND PARK | Wong | Joy | | 0412 570 390 |

PRACTITIONER LISTINGS

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| HOLLAND PARK WEST | Allman | Colleen | 07 3172 5035 | 0412 791 825 |
| HOLLAND PARK WEST | McWaters | Kerri | 07 3172 5035 | |
| IPSWICH | Hanson | Linda | 07 3281 2747 | 0407 640 229 |
| JINDALEE | Peters | Marian | 07 3279 6470 | 0408 070 504 |
| KELVIN GROVE | Leslie | Rosalind | | 0409 729 152 |
| KELVIN GROVE | Molloy | Denise | | 0422 222 817 |
| KENMORE | Jones | Sharon | 07 3378 2672 | 0409 371 354 |
| KENMORE | Kottmann | Sarah | | 0412 190 114 |
| KENMORE HILLS | Hatherly | Patricia | 07 3878 9767 | |
| KIELS MOUNTAIN | Hayes | Rosalind | 07 5442 2511 | 0402 455 908 |
| KIELS MOUNTAIN | Hayes | Roy | 07 5442 2511 | |
| MACLEAY ISLAND | Gold | Camilla | | 0413 057 468 |
| MALENY | Koda | Anthony | 07 5435 8380 | 0417 706 286 |
| MT GLORIOUS | Wilks | Glenda | 07 3289 0069 | 0428 112 455 |
| MT OMMANEY | Provan | Fiona | 07 3715 8482 | 0418 184 702 |
| MT OMMANEY | Weiss | Trudy | | 0411 300 081 |
| MUDGEERABA | Teixeira | Rita | 07 5525 2211 | |
| NOOSA HEADS | Graham | Carolyn | 07 5412 2702 | 0431 036 495 |
| NORTH CAIRNS | Friesen | Judith | | 0402 857 799 |
| NORTH LAKES | Kottmann | Sarah | 07 3491 6533 | 0412 190 114 |
| PACIFIC HAVEN | Arnold-Stevens | Johanna | 07 4129 0840 | 0425 214 159 |
| PADDINGTON | Blackshaw | Susan | 07 3876 2100 | 0418 716 027 |
| PADDINGTON | Christie-Taylor | Lisa | 07 3861 5881 | |
| POMONA | Salter | Celeste | | 0435 569 693 |
| REDCLIFFE | Haug | Sharon | 07 3889 3588 | |
| REDGATE | Sippel | Leanne | | 0438 684 705 |
| ROSEDALE | Hasted | Sonya | | 0422 141 833 |
| SAMFORD | Leslie | Rosalind | | 0409 729 152 |
| SPRINGFIELD LAKES | Dunne | Monica | 07 3818 0370 | 0416 978 191 |
| STAFFORD | Madden | Gregory | 07 3356 3699 | 0407 121 588 |
| STRETTON | Paliwal | Rukmani | 07 3273 3055 | 0423 716 926 |
| TARINGA | Nicolaou | Barbara | | 0402 040 248 |
| THE GAP | Watson | Gwendoline | 07 3300 6569 | 0418 191 086 |
| TOOWONG | Rothwell | Janet | 07 3217 7780 | 0406 104 805 |
| TOOWOOMBA | Blackwood | Roslyn | 07 4634 8143 | 0438 267 724 |
| TOOWOOMBA | Externest | Vera | 07 4636 4075 | 0421 768 217 |
| TOOWOOMBA | Mitchell | Maryanne Donnelly | 07 4613 1822 | 0417 626 552 |
| TOOWOOMBA | Stanford | Marggritte | 07 4638 4252 | |
| WARWICK | Kousary | Raia | | 0429 861 086 |
| WATERFORD WEST | Jessop | Coralie | 07 3299 7378 | 0403 027 923 |
| WEST END | Eccleston | Maree | | 0407 772 091 |
| WEST END | Gold | Camilla | 07 3040 2310 | 0413 057 468 |
| WEST END | Provan | Fiona | 07 3844 9639 | 0418 184 702 |
| WEST WATERFORD | Jessop | Coralie | 07 3299 7378 | 0403 027 923 |
| WHITE ROCK | Morgan | Brenda | | 0431 957 928 |
| WOOLLOOWIN | Lindsay | Jane | 07 3357 4990 | 0407 750 363 |
| YEPPOON | Lorraway | Ross | 07 4939 8222 | 0408 875 973 |

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| ABERFOYLE PARK | King | Kenneth | 08 8270 6625 | 0401 866 037 |
| ALLENBY GARDENS | Chapman | Jill | 08 8340 2181 | |
| BEAUMONT | Mast | Jennifer | | 0477 039 134 |
| ETHELTON | Twohig | Julia | 08 8242 3888 | |
| FLAGSTAFF HILL | Rabbah | Victoria | 08 8270 6448 | 0432 171 503 |
| HAHNDORF/ECHUNGA | Bottin | Hardo | 08 8188 1008 | 0403 092 630 |
| MAGILL | Oon | Francis | 08 8331 3210 | |
| MARION | Khalili | Nahid | 08 8177 0563 | 0403 655 122 |
| MILANG | Armitage | Louise | 08 7511 1605 | |
| MORPHETT VALE | Lepse | Traudi | 08 8382 8661 | 0430 337 673 |
| MOUNT GAMBIER | Cunningham | Nicole | | 0433 283 682 |
| PARKSIDE | Marks | Bronwyn | 08 7120 2810 | |
| PROSPECT | Carr | Patricia | 08 8344 9154 | |
| SOMERTON PARK | Bourne | Andrea | | 0413 169 997 |
| SOUTH WOODVILLE | King | Kenneth | 08 8270 6625 | 0401 866 037 |
| WOODCROFT | Patel | Anjali | | 0430 054 475 |
| WOODSIDE | Stuart-Macadam | Patricia | 08 8389 9405 | |
| WOODVILLE SOUTH | King | Kenneth | 08 8270 6625 | 0401 866 037 |

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|----------------|------------|-----------|--------------|--------------|
| GEORGE TOWN | McMahon | Brenda | 03 6382 3717 | 0414 586 120 |
| HOBART | Creedy | Melanie | | 0409 089 965 |
| HOBART | Gustavsson | Erica | 03 6278 2994 | 0401 240 781 |
| HOBART NORTH | Kaur | Kamaljeet | | 0415 961 168 |
| MOUNTAIN RIVER | Creedy | Melanie | | 0409 089 965 |
| NORTH HOBART | Kaur | Kamaljeet | | 0415 961 168 |



Something for everyone

Jessica, a few months old, had acute colic. For the past six weeks, she had been screaming in the afternoon and evening for hours until falling asleep. The doctor had advised that there was no problem and "she should grow out of this soon". Jessica's mother was desperate and didn't know what to do. Jessica had also lost her appetite. Symptoms immediately diminished upon starting homœopathic treatment. Within two weeks, she returned to being a happy little girl without the night-time traumas.

Brandon had experienced recurring tonsillitis and chronic cough since starting pre-school. His mother was fed up at having to use antibiotics every few weeks, saying Brandon "gets over one cold then develops another". She had seen his brother's asthma improve with homœopathy and wanted to see if it might help Brandon as well. With treatment, his cough immediately settled. Over six months of occasional treatment, the recurring tonsillitis disappeared.

Homœopathy can be used by people of all ages.

John, early 40s, had chronic allergic welts spreading all over his body as well as breathlessness and coughing from contact with his pet dog. He was sceptical about homœopathy but his wife had encouraged him to come along. He'd tried numerous drugs to no avail and was totally against his specialist's advice to undergo 12-18 months of regular desensitising vaccinations. He'd had to avoid any contact with his pet or any objects the dog had touched, otherwise he would develop the welts. He also suffered with hay fever and mild asthma. After starting treatment, the welts began to settle; breathlessness and coughing subsided. After two months of treatment, he could play with his dog and all other symptoms had disappeared.

KEITH AVEDISSIAN, AHA Professional Member, Forestville and Sydney, NSW

Let's investigate ...

Carol was in her mid-50s and worked shifts in customer service, which involved heavy lifting. She suffered from arthritis in her knuckles and fingers and had asthma.

However, she came for treatment because of a pain in her right hip and hot flushes. Tests showed inflammation in the hip joints. The doctor had recommended steroid injections and hormone replacement therapy.

The pain in the hip radiated to the right leg and across the back and was worse on walking. Carol's fingers were stiff and it was hard for her to get on with her work. She



preferred summer and craved salt, chocolate and sugar.

When asked how she felt in herself, Carol said she was “not feeling healthy any more”; she was always tired. She had dreams of spiritual things, dead people and angels, and cried if someone was nice to her. Financial pressures added to her stress.

After the first homœopathic prescription, Carol felt much better but she was still tired and the hot flushes continued. She surprised me by saying that, previously, she

had forgotten to tell me about a pain in the right side of her lower abdomen, which she’d had for a long time but which had now disappeared.

At her third visit, the hip and knee pain and digestive troubles were gone but her knees “clicked” when she climbed stairs. The hot flushes were waking her up in the middle of the night and making her throw off the covers. There was also a bit of tightness in the chest.

This called for a change of

medicine, to focus on the hot flushes, and after 15 days Carol told me she had never felt happier. “I am feeling cool and had to wear a jacket [for the first time in] a long time.” She was happy and laughing, there was no more pain in her hip, knee or back, and she had started exercising.

ANKITA CHAVDA, AHA Professional member, Bassendean, WA

Many apparently unrelated or seemingly unimportant details are collected during a homœopathic consultation. They are often very important to help decide between one medicine and another.

Back in action

Isabel, in her late 70s, had to undergo surgery under full anaesthesia for a small kidney tumour. The operation was successful, the incision healed well and recovery proceeded normally. However, Isabel developed a severe case of sciatica in the weeks following the operation. She believed that it was due to her back being sprained while under anaesthesia.

She had a severe prickling pain on the left side of the sacrum, running down the back of the thigh and on the outside of the left calf. Sometimes it felt like a pressure, but every so often it would shoot like lightning into the foot and then be followed by an intense and continuous pain.

Isabel was given various pain medicines and had to have regular injections to cope with the pain. After a number of weeks without visible improvement, the doctor was considering another operation to fuse some of the vertebrae in her back.

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| ULVERSTONE | Mell | Cally | | 0408 781 460 |
| ULVERSTONE | Webb | Helen | 03 6425 1539 | 0447 642 515 |

VIC

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|--------------------|-------------|-----------|--------------|--------------|
| ABBOTSFORD | Mitsios | Peter | 03 9419 4190 | 0409 858 956 |
| BAIRNSDALE | Lanigan | Cath | | 0467 032 622 |
| BAYSWATER | Murfitt | Teri | 03 9720 6234 | |
| BENALLA | Eacott | Julie | 03 5762 3867 | |
| BERWICK | Faulkner | Jane | | 0407 070 547 |
| BERWICK | Kahan | Vivienne | | 0414 613 130 |
| CARLTON NORTH | Alberti | Serafina | | 0407 902 488 |
| CARLTON NORTH | Allender | Lauren | | 0434 611 824 |
| CARRUM DOWNS | Subramanian | Lakshmi | 03 8787 7918 | 0402 924 657 |
| CASTLEMAINE | Kidd | Alana | | 0403 740 064 |
| CAULFIELD | Sideris | Stamata | 03 9505 3539 | 0431 069 457 |
| CAULFIELD SOUTH | Kahan | Vivienne | | 0414 613 130 |
| CHELTENHAM | Saunders | Jane | | 0439 654 693 |
| CHIRNSIDE PARK | Parker | Tania | | 0413 026 817 |
| CLYDE | Aziz | Soofi | | 0431 173 270 |
| CRAIGIEBURN | Sharma | Renu | | 0403 545 038 |
| CRANBOURNE EAST | Soni | Manju | | 0401 401 487 |
| CROYDON | Harrison | Karen | | 0402 334 976 |
| CROYDON HILLS | Oppermann | Grit | 03 9723 6118 | 0477 408 665 |
| CROYDON NORTH | Cooper | Deanna | 03 9733 4300 | 0410 796 674 |
| DAYLESFORD | Lovell | Shirley | 03 5348 2426 | 0429 481 817 |
| DONCASTER | Lee | Keng | 03 9848 7600 | 0414 433 991 |
| DONVALE | Marr | Ruth | | 0422 594 114 |
| EAST CRANBOURNE | Soni | Manju | | 0401 401 487 |
| EAST RINGWOOD | Maiolo | Teresa | 03 9870 6731 | 0408 440 721 |
| ELSTERNWICK | Lalor | Liz | 03 9523 7462 | |
| ELTHAM | Brodie | Gabrielle | 03 9439 3565 | 0416 739 211 |
| ELTHAM | Burns | Barbara | | 0417 035 404 |
| ELTHAM | Douglas | Samara | | 0438 059 243 |
| ELTHAM | Neubacher | Sylvia | | 0408 327 993 |
| ELWOOD | Robinson | Tanya | 03 9531 5255 | 0425 852 255 |
| EMERALD | MacFarlane | Anne | 03 9895 0037 | |
| ENDEAVOUR HILLS | Cook | John | 03 9700 0333 | 0412 421 279 |
| ENDEAVOUR HILLS | Nair | Reena | 03 9706 2383 | 0404 755 084 |
| FERNTREE GULLY | McGrath | Anne | 03 9764 8688 | |
| FERNTREE GULLY | Scholte | Yudith | 03 9758 5816 | 0400 225 816 |
| FERNY CREEK | MacFarlane | Anne | 03 9895 0037 | |
| FITZROY NORTH | Nestorovska | Katerina | | 0416 274 807 |
| FOREST HILL | Kothuru | Raj | 03 9077 5044 | 0425 761 826 |
| FRANKSTON | Bayer | Phillip | 03 9770 5337 | 0421 490 722 |
| FRANKSTON | White | Deborah | 03 9766 0975 | |
| GARDENVALE | Tovbin | Olga | | 0418 418 227 |
| GEELONG | Bushell | Miranda | | 0422 962 495 |
| GISBORNE | Golden | Isaac | 03 5428 3628 | |
| GISBORNE | Golden | Leiah | 03 5428 3628 | |
| GLEN WAVERLEY | Glynn | Natalie | | 0430 149 678 |
| GREENSBOROUGH | Brodie | Gabrielle | | 0416 739 211 |
| GUILDFORD | Bellharz | Martina | 03 5462 5480 | 0434 994 894 |
| HAMPTON | Lane | Cindy | 03 9502 0650 | 0407 682 046 |
| HAWTHORN | Kikos | Joan | 03 9819 0230 | 0400 014 327 |
| HAWTHORN | Kopatsy | Diana | 03 9804 0646 | 0407 815 785 |
| HEATHMONT | MacFarlane | Anne | 03 9870 8470 | |
| HEATHMONT | Teffaha | Nadine | | 0412 085 597 |
| HEIDELBERG HEIGHTS | Kothuru | Raj | 03 9077 5044 | 0425 761 826 |
| HEIDELBERG HEIGHTS | O'Bryan | Maureen | 03 9077 5044 | 0450 353 395 |
| IVANHOE | Lovell | Shirley | 03 5348 2426 | 0429 481 817 |
| JINDIVICK | Greenland | Joanne | | 0419 567 389 |
| KENSINGTON | Southcombe | Kay | | 0423 504 380 |
| LUCKNOW | Lanigan | Cath | | 0467 032 622 |
| MALVERN | Allender | Lauren | 03 9576 3077 | 0434 611 824 |
| MALVERN | Gough | Margaret | | 0409 106 487 |
| MALVERN | Thompson | Robyn | 03 9576 3077 | 0419 209 104 |
| MELBOURNE | Bayer | Phillip | 03 9770 5337 | 0421 490 722 |
| MELBOURNE | Kothuru | Raj | 03 9077 5044 | 0425 761 826 |
| MELBOURNE | O'Bryan | Maureen | | 0450 353 395 |
| MELBOURNE | Valentini | Sarah | | 0408 542 762 |
| MIDDLE PARK | Golden | Leiah | 03 9682 8866 | |
| MIDDLE PARK | Shroff | Vanmala | 03 9682 8866 | 0423 923 957 |
| MILL PARK | Nestorovska | Katerina | | 0416 274 807 |
| MITCHAM | Bullard | Catherine | | 0429 140 181 |
| MORNINGTON | Saunders | Jane | 03 5977 0117 | 0439 654 693 |
| MT ELIZA | Deitz | Julie | 03 9787 9313 | 0414 810 180 |
| MT MARTHA | Kopatsy | Diana | 03 5988 3622 | 0407 815 785 |

PRACTITIONER LISTINGS

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|-----------------|-------------|-----------|--------------|--------------|
| MT WAVERLEY | Syamal | Rima | | 0400 626 240 |
| MULGRAVE | Palit | Sajal | 03 9560 1128 | 0412 145 387 |
| NORTH CARLTON | Alberti | Serafina | | 0407 902 488 |
| NORTH CARLTON | Allender | Lauren | | 0434 611 824 |
| NORTH CROYDON | Cooper | Deanna | 03 9733 4300 | 0410 796 674 |
| NORTH FITZROY | Nestorovska | Katerina | | 0416 274 807 |
| NORTHCOTE | Dwyer | Catherine | | 0432 936 547 |
| NORTHCOTE | Teffaha | Nadine | 03 9482 1888 | 0412 085 597 |
| OAKLEIGH SOUTH | Nolan | Margaret | | 0412 078 563 |
| PORT MELBOURNE | Kahan | Vivienne | | 0414 613 130 |
| PRESTON | Meier | Philippa | | 0434 109 830 |
| RIDDELLS CREEK | Golden | Isaac | 03 5427 0880 | |
| RINGWOOD EAST | Maiolo | Teresa | 03 9870 6731 | 0408 440 721 |
| ROSEBUD | Boal | Susan | 03 5986 6737 | |
| SOUTH CAULFIELD | Kahan | Vivienne | | 0414 613 130 |
| SOUTH OAKLEIGH | Nolan | Margaret | | 0412 078 563 |
| TARNEIT | Kaur | Jaspreet | 03 9748 0189 | 0433 176 332 |
| TAYLORS HILL | Djukic | Mirjana | 03 8361 5182 | 0404 998 682 |
| THORNBURY | Maiolo | Teresa | 03 9484 6299 | 0408 440 721 |
| THORNBURY | O'Riordan | Margaret | 03 9480 1823 | |
| TORQUAY | Robinson | Tanya | | 0425 852 255 |
| UPWEY | Thurling | Bronwyn | 03 9754 6850 | 0421 450 446 |
| WALLEN | Oppermann | Grit | | 0477 408 665 |
| WARRAGUL | Steele | Jessica | | 0407 323 307 |
| WARRANTDYTE | Bullard | Catherine | | 0429 140 181 |
| WARRANTDYTE | Marr | Ruth | 03 9844 5294 | 0422 594 114 |
| WHEELERS HILL | Santamaria | Melanie | | 0488 899 466 |
| WOORI YALLOCK | Parker | Tania | | 0413 026 817 |
| WYNDHAM VALE | Speirs | Anne | | 0412 907 776 |
| WYNDHAM VALE | Thakkar | Sunita | | 0410 819 066 |

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|------------------|-----------|-----------|--------------|--------------|
| ALBANY | Copeman | Ann | 08 9842 3977 | 0427 422 459 |
| AUBIN GROVE | Kirpalani | Dimple | | 0452 223 617 |
| AUSTRALIND | Kalbfell | Pauline | 08 9725 2418 | |
| BASSENDAN | Chavda | Ankita | 08 9378 2774 | 0470 134 350 |
| BASSENDAN | Kirpalani | Dimple | 08 9378 2774 | 0452 223 617 |
| BENTLEY | Hari | Hament | 08 9350 9898 | 0411 371 562 |
| BIBRA LAKE | Fiocco | Anna | 08 9418 7273 | |
| BUNBURY | Kalbfell | Pauline | 08 9725 2418 | |
| BUNBURY | Mackenzie | Cheryl | 08 9791 6659 | 0439 359 413 |
| BUSSELTON | Smoker | Shari Lee | 08 9754 1537 | 0414 459 679 |
| CANNING VALE | Cubitt | Jill | | 0402 460 404 |
| COCKBURN CENTRAL | Angel | Catherine | 08 9417 3553 | 0423 636 583 |
| COTTESLOE | Blanch | Michael | 08 9385 1484 | 0419 910 141 |
| DENMARK | Waschk | Beate | 08 9848 2426 | |
| DUNCRAIG | Goradia | Tirtha | 08 6460 9862 | 0421 453 106 |
| DUNSBOROUGH | Morgan | Paula | 08 9755 3949 | 0407 773 093 |
| FREMANTLE | Greenough | Jasmin | | 0422 173 401 |
| HELENA VALLEY | Clark | Robin | 08 9255 1052 | |
| HOVEA | Hendry | Phillip | 08 9298 8473 | 0438 298 847 |
| JOONDALUP | Lang | Penelope | 08 9301 1234 | |
| KALAMUNDA | Moore | Sally | | 0407 287 637 |
| KARRATHA | Penrose | Sarah | | 0477 285 863 |
| LEEDERVILLE WEST | Volk | Marion | 08 6380 2648 | 0418 945 109 |
| LEEMING | Grewal | Jagkeerat | 08 6161 8473 | 0458 583 202 |
| MILLENDON | Innocent | Madeleine | 08 9296 0152 | |
| MOUNT NASURA | Angel | Catherine | 08 6396 0302 | 0423 636 583 |
| MT HAWTHORN | Alexander | Paul | 08 9444 4190 | |
| PORT HEDLAND | Penrose | Sarah | | 0477 285 863 |
| REDCLIFFE | Grech | Darren | 08 9497 7914 | |
| ROCKINGHAM | Cubitt | Jill | | 0402 460 404 |
| SAWYERS VALLEY | Moore | Sally | 08 9295 6782 | 0407 287 637 |
| SUBIACO | Greenough | Jasmin | 08 9381 3999 | 0422 173 401 |
| WEMBLEY DOWNS | Volk | Marion | | 0418 945 109 |
| WEST LEEDERVILLE | Volk | Marion | 08 6380 2648 | 0418 945 109 |
| WILLAGEE | Stanton | Emma | | 0407 448 664 |
| WINTHROP | Cubitt | Jill | 08 9332 2026 | 0402 460 404 |

Local practitioner details here

In Isabel's case, the pain was always worse from being upright: it started as soon as any weight was put on the left leg and she couldn't stand or walk for long. While it got worse when lying on her stomach, she felt much better when lying on her back with the left knee bent and left to drop sideways. Putting something warm on her lower back reduced the pain

To find the correct homœopathic medicine, specific information is very important; in particular, what makes a condition better or worse.

and sitting became bearable if she sat with a cushion under her left buttock only.

A daily dose of a homœopathic medicine was prescribed on the very specific symptoms described by Isabel. Over the period of a few days, the pain started to reduce and it fully disappeared within three

weeks. At her next appointment to receive an injection, the doctor agreed that it was not required. After another few weeks, Isabel discontinued all pain medication and has not had a recurrence of the sciatica in the past nine months.

VERA EXTERNEST, AHA Professional Member, Toowoomba, Qld

Gone viral

I was in my early 30s when I succumbed to the highly contagious chicken pox (Varicella). As is typical for many adults, I had a severe case of all the usual symptoms, starting out with a high fever, aches throughout the body and a headache that left me in a fog. A couple of days later a rash of raised red bumps started to appear in crops all over my body and developed into small blistered vesicles. The feeling of exhaustion was just overwhelming.

The local doctor who diagnosed me summed it up: "You are feeling miserable, you have a right to feel miserable, go home and be miserable." I was grateful, however what could I do to manage the immediate symptoms or the intense itching and risk of subsequent scarring, all part of the progression of chicken pox?

I was very anxious to get well quickly as all this coincided with the imminent birth of my sister's first child. I'd been invited to be present at the birth – a great honour and something I didn't want to miss.

It was then by chance that I spoke with a local homœopath, who took down a detailed description of my symptoms and gave a homœopathic medicine. It immediately relieved the rash and headache and, more importantly, resulted in minimal itching or scarring. Most importantly, I recovered in time to see my beautiful nephew come into the world.

TANYA ROBINSON, AHA Professional Member, Melbourne, Vic

Homœopathy can be of help in both acute and chronic situations. The chicken pox virus is a member of the herpes virus family: it includes the cold sore virus (herpes simplex 1), shingles (herpes zoster) and mononucleosis (Epstein-Barr virus). Mononucleosis is also known as glandular fever or "Kissing Disease".